

## 2001 California Dietary Practices Survey

**Table 19: Beliefs About Fruits and Vegetables**

Question: How many servings of fruits and vegetables do you think you should eat everyday for good health?

Do you think you eat the right amount of fruits and vegetables on a daily basis?

	Percent Thinking Five or More	Percent Thinking Eat The Right Amount
<b>Total</b>	<b>46</b>	<b>29</b>
<b>Sex</b>		
Males	37 ***	29
Females	55	29
<b>Males</b>		
18 - 24	45 *	23 ***
25 - 34	39	26
35 - 50	40	25
51 - 64	24	31
65+	35	51
<b>Females</b>		
18 - 24	58	25 ***
25 - 34	59	17
35 - 50	56	26
51 - 64	53	35
65+	48	46
<b>Ethnicity</b>		
White	53 ***	30
Hispanic	34	27
Black	32	22
Asian/ Pacific Islander	37	33
<b>Education</b>		
Less than high school	32 ***	24
High school graduate	39	27
Some college	46	29
College graduate	58	31
<b>Income</b>		
Less than \$15,000	35 ***	30
\$15,000 - 24,999	41	26
\$25,000 - 34,999	46	25
\$35,000 - 49,999	46	34
\$50,000+	59	26
<b>Physically Active</b>		
Did not meet recommendations	40 ***	26 **
Met recommendations	54	33
<b>Overweight Status</b>		
Overweight/Obese	45	27
Not overweight	48	31

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

\* p<.05

\*\* p<.01

\*\*\* p<.001